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November 2013

# **2013 National Family Caregivers Month:** Family Caregivers—Now More than Ever!

by Kathy Greenlee, Assistant Secretary for Aging and Administrator, Administration for Community Living

Each November, we pause as a grateful nation and give thanks. Among the many blessings for which we are most thankful are the more than 65 million family caregivers



who provide assistance to friends and loved ones, making it possible for them to remain at home and in the community. At no other time in our history has the number of caregivers been greater. And as the baby-boom generation continues to age, this trend will continue to make understanding and supporting the needs of family caregivers even more important.

Since National Family Caregivers Month was first celebrated 16 years ago, our understanding of the experiences, needs and

preferences of family caregivers has grown exponentially. Today, research informs us about the prevalence, diversity, and impact of family caregiving and it points out issues that require creative and flexible solutions. We know that family caregivers often provide complex medical care for their loved ones and need to be closely involved in their transition from one care setting to another. How do we ensure that caregivers have the knowledge and support they need to be able to do these tasks skillfully and confidently and so that they are able to ensure smooth transitions?

Family caregivers juggle multiple commitments, including jobs and relationships with other family members, while at the same time going to extraordinary lengths to provide care to a family member or loved one. We know caregivers often sacrifice their own physical, financial, and emotional well-being. How do we develop and support an array



of programs and interventions that meet family caregivers where they are and support them in all their essential roles?

ACL's mission is to maximize the independence, well-being, and health of older adults, people with disabilities, and their families and caregivers. With this in mind, each day, ACL touches the lives of thousands of families and family caregivers across the country through the programs we administer and through the partnerships we've developed. Some examples include:

- Network provides information, education, counseling, and respite to family caregivers. In 2011, the NFCSP enabled more than 500,000 family caregivers to access services in their communities and provided more than 6.5 million hours of respite care services to nearly 61,000 family caregivers.
- As a result of the Alzheimer's Disease Supportive Services Program, states
  are making great strides to meet the needs of family caregivers of persons with
  Alzheimer's disease and related dementias. Since 2008, 80 grants from this
  program have enabled 33 states, the District of Columbia, and Puerto Rico to
  implement 10 evidence-based interventions that support the unique and rapidly
  changing needs of family caregivers of people with Alzheimer's disease and
  related dementias.
- Since 2009, the Lifespan Respite Care Program has funded 31 states and the
  District of Columbia to work with a broad range of stakeholders to improve
  access to and the availability of respite services. Through this program, states
  have developed and adopted comprehensive statewide plans, implemented
  participant-directed voucher programs, improved the volunteer and paid respite
  workforce, and provided respite services to family caregivers who do not
  qualify for other programs.
- Our Data Collection for Supporting Families Project examines data about the services and supports provided to families who have a family member with a developmental disability living in the home.
- And this year, through our National Community of Practice: Supporting Families
  throughout the Lifespan grants, we are working with a technical assistance provider
  and five states to conduct a self-assessment and develop an action plan. This will
  become the foundation for making policy and program changes that effectively support
  families who have a family member with a developmental disability living in the home.



This November, I encourage you to reach out to family caregivers you know and thank them for all they do on behalf of their loved ones every day. Let them know that, more than ever, what they do matters and is appreciated.

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May your holiday season be one of thanksgiving and joy for you and your loved ones.



### **Aging Perspectives**

by Charlie Rehbein

Tis the season to be Thankful, prepare for Christmas and plan all your New Year's resolutions. The holiday season is also a prime time when elderly as well as others can be taken advantage of by scam artists.

Holiday deals are increasing daily as we continue to move toward Christmas. There are amazing deals out there and the old saying "if it sounds too good to be true, it probably is". For those who like to shop on-line because it is convenient and is delivered right to your home, need to be aware of the "amazing" deals on the internet because they could be a scammer's new way of getting you to hand over your credit card number and other personal information.

Here are a few things the Better Business Bureau says to watch out for as you prepare for the Christmas season:

Amazing discounts from unknown sites. The more amazing the discount, the
more cautious you should be. Giving them your credit card number may not get
you the gift on a bogus internet site, but it will give the scammer your credit card
information which then allows them to charge things to it.



- Unknown links in text, e-mails or other social media. Not all links, even ones that seem to be sent from someone you know are good sites, they could be bogus sites. So carefully check the source of the link.
- Public Wi-Fi. Don't shop on a public Wi-Fi whether on your computer or on your phone. Always look for the https or the lock meaning the website is secure and always use a credit card over a debit card because a credit card can be disputed with your credit card company.
- Gift card scams. If you get an email, text message or social media post saying
  you've won a gift card to Target, Walmart, Best Buy or another popular retailer,
  just hit the delete button. Those contests are nothing more than scams to get you
  to reveal personal information -- information that can be used to steal your
  identity and drain your bank account. Never share identifying information with
  someone who contacts you first, and sign up for BBB Scam Alerts to find out
  about the latest scams every week.
- Charity Scams. Charities are busy in December; that's when they raise a huge percentage of their funds from those who celebrate the season by sharing with those less fortunate and from those looking for one last tax deduction before the end of the year. Be on the lookout for phony charities that sound and look like the real thing. Websites are easy to fake and might even include real photos and heartwarming stories. Don't reply directly to a solicitation you receive via email or social media; it could be a scam to get your bank or credit card information. Go to give.org to check out the charity first.

### **Energy Share of Montana – It's All About Helping Each Other**

Winter is coming soon and heating bills will pile up fast. Do you know someone who is worried about how they're going to pay those bills? If so, call one of the numbers below to see what's available for help, either for your friend or for you. In Montana, it's about neighbors helping neighbors. That can be as simple as going with a friend to complete an application. Call Monday thru Friday from 8:00 AM to 5:00 PM:

Montana Citizens' Advocate at 1-800-332-2272 Energy Share of Montana at 1-888-779-7589

You can also find information at www.energysharemt.com.



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#### A Blast from the Past



Do you recognize these three leaders from Montana's Aging Network?

Hint: All are or were Area Agency on Aging directors. Two are retired and one is planning to retire in 2014. Two are or were directors of multi-county agencies. One was a director of a single county Area Agency on Aging.

Answer: see A Blast from the Past #1

2014 GOVERNOR'S CONFERENCE ON AGING

You are hereby invited to:

Montana's 46<sup>th</sup> Annual Governor's Conference on Aging will be held in two locations in May of 2014.

Conference Dates and Sites:

May 6<sup>th</sup> and 7<sup>th</sup>, 2014 in Kalispell at the Red Lion Hotel

May 8<sup>th</sup> and 9<sup>th</sup>, 2014 in Bozeman at the Holiday Inn Hotel

For more information go to:

The DPHHS Senior and Long Term Care Aging Services Governor's Conference on Aging website at:

http://www.dphhs.mt.gov/sltc/services/aging/conference/index.shtml

You can register for the conferences on- line or use the registration forms on pages 13 and 14 for Kalispell or pages 15 and 16 for Bozeman.





#### **CAUTION: DEER CROSSING**

Collisions with animals resulted in 2,194 fatalities between 2001 and 2011 nationwide. Whether a deer, dog, moose or even squirrel, animals on the roadway are unexpected and their actions can be erratic and unpredictable, creating a dangerous situation for motorists. AAA encourages drivers to use caution and remain alert to

avoid becoming involved in a collision with wildlife.

"A driver may encounter any number of scenarios at any given moment behind the wheel," said Tara Jones, traffic safety specialist at AAA. "Remaining alert and limiting distractions is a must. Animals are unpredictable, so the sooner you see them in the roadway, the more time you will have to safely react."

# What To Do If An Animal Runs In Front Of Your Vehicle

 Scan the road and shoulders ahead of you. Looking ahead helps provide enough reaction time if an animal is spotted. Also, remember some animals move in groups, so when there is one, there are usually more in the area.



- Use high beam headlights if there's no oncoming traffic. Wildlife may be spotted sooner when using high beams. This will give the driver time to slow down, move over or honk the horn to scare the animal away. High beams also help in spotting some animals' reflective eyes.
- If a collision is unavoidable, apply the brakes firmly and remain in your lane. Swerving to avoid an animal can often cause a more serious crash or result in drivers losing control of vehicles.
- Be extra cautious at dawn and dusk. Most animals, especially deer, tend to be more active early in the morning and at dusk.
- Slow down and use extra caution when traveling through areas with a high and active wildlife population. Be aware of increased wildlife movement in some regions during certain times of year such as hunting or mating season.
- Drivers should always wear a seat belt and remain awake, alert and sober.





## CRANBERRIES - TANGY, TASTY, GOOD FOR YOU

Minkie Medora, Registered Dietitian



The Holiday Season is upon us – a time for family and friends to come together to cook, share, eat old favorites and try new recipe ideas. It is also a time when people who are dealing with health problems can be challenged to watch what they eat, or find the right foods when eating with others. Traditional

holiday foods need not be a concern for people who are careful in their eating throughout the year. Many holiday foods – depending on how they are prepared, can be healthy and enjoyable – from the turkey and low fat stuffing, to all the trimmings and the dessert. In fact, there is a lot of good nutrition in lean meats, low fat gravies, fresh or cooked fruits and vegetables, whole grain bread or rolls, nuts in pies, and the indispensable cranberries – as a sauce or jelly.

Cranberries have been a part of our diets, not just at holidays, but throughout the year – in the form of juices, dried and sprinkled in salads, breads, cereals, or frozen and used whenever a recipe calls for fresh or chopped cranberries. The tart and tangy taste of cranberries brings a different and unique flavor to a number of recipes.

Cranberries are native to the United States and Canada. They have been a part of the traditional Native American diet for years. At present cranberries are farmed on over 40,000 acres of land in northern US and Canada. Fresh cranberries can be stored in the refrigerator for up to two months, and can be frozen for a year.

We also know that cranberries have medicinal properties in helping to prevent Urinary Tract Infections (UTIs). UTIs are the second most common infection for most people across the country – young and old. Women are especially prone to UTIs - , with a rate of one in five women developing a UTI at some point in their lives.

UTIs are a bacterial infection of the kidney, bladder or urethra – body components of the urinary tract. The infection is largely caused by the E. Coli bacteria – which can be found in the digestive tract. Since E. Coli are living organisms, they irritate the bladder wall causing an inflammation. However, UTIs are also common in the lower urinary tract.

If not treated right away, the infection can spread all the way to the kidneys. Common symptoms are increased urinary frequency, urgency, pain, burning, straining, and in



some cases, fever. In certain conditions like diabetes, prostate enlargement and other situations, the tendency to get a UTI is greater. Other factors that contribute to the problem are lack of mobility, insufficient fluid intake, and poor nutrition.

There are numerous antibiotics that are effective for treatment of UTIs. Although most older adults respond to antimicrobial treatment, the UTIs could to reoccur within six months. As the population of older Americans is increasing, concern about UTI is also increasing.

However, there are simple and healthy options through diet that are effective in providing prevention of UTIs, especially in those individuals who get them more frequently. This is through the use of cranberry juice or other cranberry options. Cranberries are high in polyphenols, a type of antioxidant, which have been found effective in reducing and preventing the impact



of the E. Coli bacteria – which lead to the infections. The type of antioxidant found in cranberries is different from that found in other fruits and vegetables. The structure of antioxidants in cranberries can prevent the adhesion of the E. Coli bacteria in the urinary tract lining.

There are other possible benefits of the antioxidant properties in cranberries, along with other berries. Studies show modest benefits in reducing Coronary Artery Disease, certain cancers and osteoporosis. Additionally, cranberries are an excellent source of Vitamin C and a very good source of fiber and Vitamin E.

There are many cranberry products available including cranberry cocktail – which has up to 30% real cranberry juice. For people who don't want to drink a lot of cranberry juice, there are cranberry extract tablets.

The antioxidant properties in cranberries are present in varying amounts, depending on the type we chose to eat. The highest level of antioxidants in cranberries are – from greatest to least amount – in dried, 100% juice, frozen, sauce and jellied sauce. In practical terms, drinking the juice 100% is not realistic however. People watching calories and people with diabetes should check for sources that have lower amounts of added sugar. For others, one to two glasses a day would be plenty.

So go ahead, have a Happy Holiday season, enjoy good foods, and don't forget the cranberries.



#### Wild Rice Stuffing With Pine Nuts, Dried Cranberries, and Fresh herbs

Yield – 10 servings

2 cups wild rice

2 cups vegetable or chicken stock

½ cup pine nuts

3/4 cup dried cranberries

2 T olive oil, divided

2 large ribs celery, finely chopped

2 large carrots, finely chopped

1 onion, finely chopped

1 T fresh thyme leaves

1 T minced parsley

Freshly ground pepper



Combine rice and stock in saucepan, add 2 cups of water. Bring to boil over mediumhigh heat. Reduce heat to a simmer, partially cover, and cook, stirring occasionally, until rice is tender – about 40 minutes. (Not all liquid will be absorbed).

Meanwhile, place a small heavy skillet over medium-high heat. When is it hot, but not smoking, add pine nuts and toast until lightly browned – stirring constantly – about 3-5 mins. Transfer to a plate to cool.

Add 1 T of olive oil to a skillet over medium heat. Swirl to coat the pan and cook the celery, carrots and onions until soft and lightly browned – about 5 mins. Add thyme, sage and parsley, cook for 1 more minute, remove from heat.

Heat oven to 350°.

When rice is tender, add cooked vegetables, pine nuts, cranberries, a few grinds of pepper, stir and taste.

Use the remaining 1 T oil to grease a 2 ½ qtr. casserole dish. Spoon in rice stuffing and cover. Bake about 20 mins. (Stuffing can be prepared a day ahead. Refrigerate and bring to room temperature for 1 hour before baking).

Nutrition Analysis per serving:

Calories: 218, Fat: 6 gms, Cholesterol 0 mg, Sodium: 177 mg, Carbohydrates: 37 gms.

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Arthritis is the most common cause of disability in the United States, limiting the activities of nearly 21 million adults. It is described as more than 100 rheumatic diseases and conditions that affect joints, the tissues which surround the joint and other connective tissue. In Montana, there are approximately 200,600 adults that have ever reported being diagnosed with arthritis. The Montana Arthritis Program, in collaboration with the Arthritis Foundation, is working to improve the quality of life for people affected by arthritis and other rheumatic conditions. They are doing so by increasing awareness about appropriate arthritis self-management activities and expanding the reach of programs proven to improve the quality of life for people with arthritis. These programs include the Arthritis Foundation Exercise Program, Walk with Ease Program, and Montana: Living Life Well, which is Stanford's Chronic Disease Self-Management Program.

The Arthritis Foundation Exercise Program is a community-based recreational exercise program. Trained instructors cover a variety of range-of-motion and endurance-building activities, relaxation techniques, and health education topics. All of the exercises can be modified to meet a participants needs. The proven benefits of this class include improved functional ability, decreased depression, and increased confidence in one's ability to exercise. Classes typically meet two or three times per week, for eight to twelve weeks.

The Walk with Ease Program was developed by the Arthritis Foundation to be used in a community setting as a group walking program. Participants meet three times a week for six to eight weeks. Each meeting begins with a pre-walk discussion covering a specified topic related to exercise and arthritis, followed by a 10- to 40- minute walk that includes a warm-up and cool-down.

The Montana: Living Life Well Program is an evidence based self-management education program for people with chronic health problems. These workshops empower participants to take an active role in managing their health. During the sessions, participants learn skills needed in the day-to-day management of long-term health conditions such as arthritis, asthma, diabetes, or heart and lung disease.



Participants who have completed a workshop demonstrated significant improvements in exercise, ability to do social and household activities, less depression, fear and frustration or worry about their health, reduction in symptoms like pain and increased confidence in their ability to manage their condition.

If you or someone you know is interested in participating in one of these classes or learning how to become a certified instructor, please call Heather Beck at (406) 444-0958, or visit the Montana Arthritis Programs' website at www.dphhs.mt.gov/arthritis.



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#### A Blast from the Past #1



Answer: Left: Jim Atkinson Area IX Agency on Aging Director – Retired Center: Karen Erdie Area II Agency on Aging Director – still working Right: Beverly (Bev) Robinson Area III Agency on Aging Director – Retired

#### AGING HORIZONS TELEVISION SHOW

Did you know there is a weekly television show related to topics of interest related to aging services? Well there is and it has been running for 20 years on the Big Sky Channel.



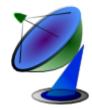
Aging Horizons TV program is a public/private partnership which meets DPHHS's Senior & Long Term Care Division's, State Unit on Aging's Federal requirement to serve as an effective and visible advocate for the elderly, to disseminate information on the needs of the elderly, and to utilize outreach efforts that will help to identify and inform individuals about their eligibility or their parents eligibility for various assistance programs.



Did you know that you can also access these television shows on YouTube? You can, just go to

http://www.youtube.com/user/MontanaDPHHS





Every *Monday* a new show week begins. A show airs at 11:30 AM for seven days. Each show will air at least 49 times in about 129,800 households where up to about 330,000 Montanans live.

The show airs in the following cities on the following channels at 11:30 daily:

Billings – 2 Bozeman – 22 Butte – 6

Great Falls – 43 Kalispell – 62 Helena – 20

Missoula – 13

| .Upcoming Shows                  |                                                   |  |  |  |
|----------------------------------|---------------------------------------------------|--|--|--|
| Week of                          | Energy Share & LIEAP                              |  |  |  |
| November 18 <sup>th</sup> , 2013 |                                                   |  |  |  |
| Week of                          | Mental Health                                     |  |  |  |
| November 25 <sup>th</sup> , 2013 |                                                   |  |  |  |
| Week of                          | Affordable Care Act – Commissioner Monica Lindeen |  |  |  |
| December 2 <sup>nd</sup> , 2013  |                                                   |  |  |  |
| Week of                          | Montana Food Banks                                |  |  |  |
| December 9 <sup>th</sup> , 2013  |                                                   |  |  |  |
| Week of                          | NAMI – National Alliance of Mental Illness        |  |  |  |
| December 16 <sup>th</sup> , 2013 |                                                   |  |  |  |
| Week of                          | ADRCs – Aging & Disability Resource Centers       |  |  |  |
| December 21 <sup>st</sup> , 2013 |                                                   |  |  |  |

**Remembe**r, if you miss an episode or do not get the Big Sky Channel, you can watch Aging Horizons on YouTube.

## Need a last minute Christmas gift or stocking stuffer?



Give a gift to yourself and/or someone you know or love by registering for the 2014 Governor's Conference on Aging in Kalispell or Bozeman.



It will give them something to look forward to in 2014. Just complete one of the following conference registration forms for the conference site you wish to attend.



## 46<sup>th</sup> Governors Conference on Aging

#### REGISTRATION FORM

## May 6 and May 7, 2014 in Kalispell, MT at the Red Lion

For more information and agenda www.aging.mt.gov

If you cannot register using the on-line registration form and payment system, please send this form along with your check to: Governors Conference on Aging, PO Box 4210, Helena MT 59604

| Name:                |                              |                                 | _                           |                       |
|----------------------|------------------------------|---------------------------------|-----------------------------|-----------------------|
| Address:             |                              |                                 | _                           |                       |
| City:                | State:                       | Zip                             | _                           |                       |
| Phone:               |                              |                                 |                             |                       |
| E-mail Address:      |                              |                                 | _                           |                       |
| Please check: Full ( | both days) or for one Day on | ly May 6 <sup>th</sup> or May   | 7 <sup>th</sup> or Luncheon | n only May 6 May 7    |
| Additional People    | e Attending:                 |                                 | Full                        | May 6 May 7           |
| Name:                |                              |                                 |                             | <del></del>           |
| Name:                |                              |                                 |                             |                       |
| Name:                |                              |                                 |                             |                       |
| Name:                |                              |                                 |                             |                       |
|                      |                              |                                 |                             |                       |
| <u>Full Confere</u>  | <u>nce</u> - Registratio     | on Fees for Mo                  | ay 8 <sup>th</sup> and      | d May 9 <sup>th</sup> |
| \$5                  | 0 per person register        | ing prior to April 2            |                             | X \$50 =              |
| \$6                  | 0 per person register        | ina after April 20 <sup>†</sup> | h                           | X \$60 =              |

NOTE: Full registration includes the luncheons on both days



## 46<sup>th</sup> Governors Conference on Aging

May 6 and May 7, 2014 in Kalispell, MT at the Red Lion

#### Registration form continued for Kalispell

| <u>Single Day</u> - Per Person        | Registration Fees (please check which day you are                          |
|---------------------------------------|----------------------------------------------------------------------------|
| attending).                           |                                                                            |
| for Tuesday May 6 <sup>th</sup> Of    | R for Wednesday May 7 <sup>th</sup> before April 20 <sup>th</sup> X \$30 = |
| Day registration after Apr            | vil 20 <sup>th</sup> the fee goes up to\$35 per day $X$35 = $              |
| NOTE: Day registration include        | es the luncheon on that day                                                |
| Additional Lunches Only               | ;<br>;                                                                     |
| May 6 <sup>th</sup> Centenarian Lunch | eon \$25 X \$25 =                                                          |
| May 7 <sup>th</sup> Conference Lunch  | eon \$20 X \$20 =                                                          |
| Note: Lunch on May 6 <sup>th</sup>    | for Centenarians and one attendant are provided by conference sponsors.    |
|                                       |                                                                            |
| Check #                               |                                                                            |
| Registration Fee                      | \$                                                                         |
| plus additional lunches               | \$                                                                         |
| Total Amount Enclosed                 | \$                                                                         |
| NOTE: Credit cards acco               | epted only by On-Line registration - go to                                 |
| http://www.dphhs.mt.gov/sltd          | /services/aging/conference/index.shtml and follow the registration         |
| link.                                 |                                                                            |

For more information call 1-800-332-2272 and ask for Charlie Rehbein



# 46<sup>th</sup> Governors Conference on Aging

#### REGISTRATION FORM

## May 8 and May 9, 2014 in Bozeman, MT at the Holiday Inn

For more information and agenda www.aging.mt.gov

If you cannot register using the on-line registration form and payment system, please send this form along with your check to: Governors Conference on Aging, PO Box 4210, Helena MT 59604

| State:                  | Zip                                                                       |                                                                                                                                                      |           |               |
|-------------------------|---------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|---------------|
|                         |                                                                           |                                                                                                                                                      |           |               |
|                         |                                                                           | <del></del>                                                                                                                                          |           |               |
| lays) or for one Day on | ly May 8 <sup>th</sup> or N                                               | Aay 9 <sup>th</sup> or Lunc                                                                                                                          | heon only | y May 8 May 9 |
| ending:                 |                                                                           | Fu                                                                                                                                                   | II M      | ay 8 May 9    |
|                         |                                                                           |                                                                                                                                                      |           |               |
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|                         |                                                                           |                                                                                                                                                      |           |               |
| n registering aft       | er April 20 <sup>th</sup>                                                 | X\$                                                                                                                                                  | 60 = _    |               |
|                         | State: days) or for one Day on tending:  - Registration registering price | State: Zip  lays) or for one Day only _ May 8 <sup>th</sup> or _ N  rending:  - Registration Fees for on registering prior to April 20 <sup>th</sup> | State:Zip | State: Zip    |

NOTE: Full registration includes the luncheons on both days



## 46<sup>th</sup> Governors Conference on Aging

May 8 and May 9, 2014 in Bozeman, MT at the Holiday Inn

#### Registration form continued for Bozeman

| <u>Single Day</u> – Per Person attending). | Registration                | Fees (please check which                | ı day you are             |
|--------------------------------------------|-----------------------------|-----------------------------------------|---------------------------|
| for Thursday May 8 <sup>th</sup> (         | DR for Frid                 | lay May 9 <sup>th</sup> before April 20 | <sup>th</sup> X \$30 =    |
| Day registration after Apr                 | il 20 <sup>th</sup> the fee | e goes up to\$35 per day                | X \$35 =                  |
| NOTE: Day registration include             | s the luncheon on that      | day                                     |                           |
| Additional Lunches Only                    | <u>r</u> :                  |                                         |                           |
| May 8 <sup>th</sup> Centenarian Lunch      | ieon \$25                   | X \$25 =                                |                           |
| May 9 <sup>th</sup> Conference Lunch       | eon \$20                    | X \$20 =                                |                           |
| Note: Lunch on May 8 <sup>th</sup>         | for Centenarians            | and one attendant are provided          | l by conference sponsors. |
| Check #                                    |                             |                                         |                           |
| Registration Fee                           | \$                          |                                         |                           |
| plus additional lunches                    | \$                          |                                         |                           |
| Total Amount Enclosed                      | \$                          |                                         |                           |
| NOTE: Credit cards acco                    | epted only by               | On-Line registration - go               | to                        |
| http://www.dphhs.mt.gov/sltc               | /services/aging/c           | conference/index.shtml <b>and f</b>     | ollow the registration    |

For more information call 1-800-332-2272 and ask for Charlie Rehbein